



American Spiced Pork Steaks

with Roast Veggie & Baby Spinach Medley

Grab your Meal Kit with this symbol 



Sweet Potato



Zucchini



Carrot



Sweetcorn



All-American Spice Blend



Pork Loin Steaks



Flaked Almonds




Baby Spinach Leaves



Balsamic Glaze

 Hands-on: **25-35** mins
Ready in: **35-45** mins

 Low Calorie

 Naturally gluten-free
Not suitable for Coeliacs

A sweet and mild All-American seasoning adds a ton of flavour to these pork steaks. Combined with a colourful roast veggie mixture tossed with baby spinach, and a delicate balsamic glaze, this is a modern and delicious combination that will be happily devoured by all.

Pantry items

Olive Oil

Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

You will need

Oven tray lined with baking paper · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
sweet potato	2	4
zucchini	1	2
carrot	1	2
sweetcorn	1 tin (125g)	1 tin (300g)
All-American spice blend	1 sachet	2 sachets
pork loin steaks	1 packet	1 packet
flaked almonds	1 packet	2 packets
baby spinach leaves	1 bag (30g)	1 bag (60g)
balsamic glaze	½ bottle	1 bottle

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	1920kJ (459Cal)	304kJ (73Cal)
Protein (g)	45.7g	7.2g
Fat, total (g)	6.6g	1.1g
- saturated (g)	1.2g	0.2g
Carbohydrate (g)	47.7g	7.5g
- sugars (g)	25.8g	4.1g
Sodium (g)	618mg	98mg

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.com.au/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



1. Roast the veggies

Preheat the oven to **240°C/220°C fan-forced**. Cut the **sweet potato** (unpeeled) into 1cm chunks. Cut the **zucchini** into 2cm chunks. Cut the **carrot** (unpeeled) into 1cm-thick rounds. Drain the **sweetcorn**. Place the **sweet potato, zucchini, carrot** and **sweetcorn** on an oven tray lined with baking paper. **Drizzle** with **olive oil** and season with the **salt** and a **good pinch** of **pepper**. Toss to coat then spread out in a single layer and roast, tossing halfway through, until tender, **25-30 minutes**.

TIP: Cut the veggies to the correct size so they cook in the allocated time.



4. Cook the pork

When the veggies have **10 minutes** cook time remaining, return the frying pan to a medium-high heat. Add the **pork** and cook until cooked through, **3-4 minutes** each side (depending on thickness). Transfer to a plate, cover and set aside to rest.

TIP: The spice blend may char in the pan, this adds to the flavour!



2. Flavour the pork

While the veggies are roasting, combine the **All-American spice blend**, a **drizzle** of **olive oil** and a **pinch** of **salt** and **pepper** in a large bowl. Add the **pork loin steaks** and toss to coat. Set aside.



3. Toast the almonds

Heat a large frying pan over a medium-high heat. Add the **flaked almonds** and toast, tossing, until golden, **2-3 minutes**. Transfer to a small bowl.



5. Bring it all together

Transfer the **roasted veggies** to a large bowl with the **baby spinach leaves** and toss to coat. Season to taste with **salt** and **pepper**.



6. Serve up

Slice the American spiced pork steaks. Divide the pork and roast veggie and baby spinach medley between plates and drizzle over the pork resting juices. Drizzle the **balsamic glaze** (**see ingredients list**) over the roast veggies, then sprinkle over the toasted flaked almonds.

Enjoy!